**Title:** Implications for Substance Abuse and Sobriety in Rural Areas

**Author Names & Institution:** Stephanie Thorson-Olesen, PhD, Viterbo University

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**Submission Type:** Round Table

**Abstract:** The purpose of this qualitative research study was to better understand the experience of maintaining sobriety while living in a rural area. Excerpts from data collected via open ended questions through an anonymous online survey will be utilized to generate discussion in the round table session.

Topic: Implications for Substance Abuse and Sobriety in Rural Areas

Time: Mar 11, 2022 04:00 PM Central Time (US and Canada)

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**Title:** Autism and Substance Use

**Author Names & Institution:** Evan Saltzman, Viterbo University

Stephanie Thorson-Olesen, PhD, Viterbo University

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**Submission Type:** Round Table

**Abstract:** The purpose of this study was to review the literature in relation to autism and substance use. The literature review showed that increased autism symptoms are associated with more exterme alcohol use behaviors (Bowri et al., 2021). One study found that a diagnosis of autism spectrum disorder doubled the risk of an individual being diagnosed with a substance use disorder (Butwicka et al., 2017). Individuals with co-occurring autism and substance use disorder report different care needs and adverse effects of using compared to individuals only diagnosed with substance use disorder. In general, having autism co-occur with SUD increases care needs (Kronenberg et al., 2015). Current literature repeatedly shows the need for future research to establish autism as a risk factor for alcohol and drug use (Bowri et al., 2021). Additionally, future qualitative research is needed into the different and increased care needs of individuals with co-occurring autism spectrum disorder and substance use disorder (Kronenberg et al., 2015).

Topic: Autism and Substance Use

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**Title:** Addressing Childhood Externalizing Disorders: An Ounce of Prevention

**Author Names and Institution:** Angela Goethel, EdS, Viterbo University

**Email Address for First Author:** [agoeth70857@viterbo.edu](mailto:agoeth70857@viterbo.edu)

**Submission Type:** Round Table

**Abstract**: Purpose: This poster session provides an outline of basic group theory and management practices with elementary age experiencing externalizing behavior disorders. The risks and impact of childhood externalizing disorders will be summarized as well as effective counseling techniques and group counseling strategies. Literature Review While difficulty managing emotions and acting out can be developmentally appropriate in very young children, these tend to resolve through socialization, co-regulation, and modeling of appropriate social problem-solving behaviors. Strong and frequent patterns of externalizing behaviors into the preschool and elementary school years have been linked to significant negative outcomes in adolescence, such as social isolation, worsening mental health concerns, engaging in risk-taking behaviors, alcohol and/or substance use, and involvement in the juvenile justice system (Gin, 2020; Terzian, 2011). In adulthood, these early acting-out behaviors can also predict severe concerns. These risks include, but are not limited to, significant mental illness, engaging in violent and illegal behavior, alcohol and/or substance abuse disorders, involvement with legal system, and incarceration (Terzian). Most young children receive mental health supports in the school setting, and the group setting can be one of the most effective use of time and resources in schools (NASP, 2018). As such, this session will provide an overview of basic concepts related to group theory and management as it applies to working with children of elementary age (5-10 years). Participants will explore the risks and impact of childhood externalizing disorders. Effective counseling techniques will be identified, and the application of effective group counseling strategies will be outlined. References Gin, K, Stewart, C, Jolley, S. A systematic literature review of childhood externalizing psychopathology and later psychotic symptoms. Clinical Psychology & Psychotherapy. 2021; 28: 5678. https://doi.org/10.1002/cpp.2493 National Association of School Psychologists (NASP). (2018). School-based mental health services, retrieved from https://www.nasponline.org/resources-and-publications/resources-and-podcasts/mental-health/school-psychology-and-mental-health/school-based-mental-health-services Terzian, M., Hamilton, K., & Ling, T. (April 01, 2011). What works for acting-out (externalizing) behavior: Lessons from experimental evaluations of social interventions. Fact Sheet. Childtrends.org. <https://www.childtrends.org/publications/what-works-for-acting-out-externalizing-behavior-lessons-from-experimental-evaluations-of-social-interactions>

Topic: Addressing Childhood Externalizing Disorders: An Ounce of Prevention

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**Title:** DATA-Waived MAT: What does this mean?

**Author Names and Institution:** Tamera L. Hill, CES Doctoral Candidate, Viterbo University

**Email Address for First Author:** [tlhill@viterbo.edu](mailto:tlhill@viterbo.edu)

**Submission Type:** Round Table

**Abstract:** Purpose: Statewide, in Wisconsin, opioid use has surpassed tripling numbers between 2005-2016 (WDHS, 2018). The deadliness of opioid overdoses in Wisconsin has also continued to rise and surpassed death by car accidents, in 2017 (WDHS, 2018). Nationally, in 2016, 42,249 Americans died from an opioid overdose, a nearly 100% increase since 2010 (Jones & McCance-Katz, 2018). In an attempt to reduce these expansive rates, medication-assisted treatment (MAT) has been employed. Medications commonly utilized for opioid use disorders (OUD) include Methadone, Buprenorphine, Buprenorphine/Naloxone combination, and Naltrexone (WDHS, 2018). Each of these medications must be prescribed and monitored. One way to combat the increase of (OUD) and the demand for providers, was to broaden treatment access through the Drug Addiction Treatment Act (DATA) waiver. The purpose of this round table discussion will be to identify what buprenorphine treatment consists of and explore the requirements for data-waived MAT treatment providers. Literature Review & Discussion: According to the Substance Abuse and Mental Health Services Administration (SAMHSA) website, the Food and Drug Administration has authorized treatment for opioid use disorders medically by prescribing buprenorphine (2022). Buprenorphine is a medication that inhibits negative symptoms when an individual ceases the use of opioids. The Drug Addiction Treatment Act of 2000 (DATA) combined with the Support for Patients and Communities Act of 2018, widened the lens of treatment to include providers that were not otherwise authorized to do so (SAMHSA, 2022). Qualified practitioners include physicians, nurse practitioners, physician assistants, clinical nurse specialists, certified registered nurse anesthetists, and certified nurse-midwives (SAMHSA, 2022). Currently, practitioners may be waived from training after a notice of intent (NOI) has been submitted. This intent waiver must be filled out prior to the distribution of medications to patients (SAMHSA, 2022; Federal Register, 2021). The purpose of a waiver is to provide accessible treatment to those discontinuing the use of opioids, especially in areas where specialized treatment is difficult to attain. According to SAMHSA (2022), initial treatment waivers allow for no more than thirty patients to be treated by the provider without training. An increase is available to one hundred patients after one year or with additional training in the first year (SAMHSA, 2022). Under extreme hardship, a practitioner may deem it necessary to increase treatment capacity to 275 patients, under a temporary six-month waiver (SAMHSA, 2022). During the discussion, additional data will be presented to assist with understanding the requirements for DATA-waived, MAT prescribers. Although progress has been made to increase accessibility, there are limitations to the process. Jones and McCance-Katz (2018) indicated that in 2017, only one out of four practitioners that participated in the DATA-waiver study had prescribed buprenorphine (p. 10). Additionally, it appeared that inadequate training was integral in non-prescriptive measures (Jones & McCance-Katz, 2018). Providers without training were unlikely to treat patients for OUD, which follows the recommendation of the Federal Register to ensure that practitioners are capable of identifying and adequately treating OUD (Federal Register, 2021). Further measures will be discussed during the round table, to enhance training options and encourage treatment guidelines even as waivers are made available. â€ƒ References Federal Register (2021, April). Practice guidelines for the administration of buprenorphine for treating opioid use disorder. The Daily Journal of the United States Government, 86(80), 22439-22440. https://www.federalregister.gov/documents/2021/04/28/2021-08961/practice-guidelines-for-the-administration-of-buprenorphine-for-treating-opioid-use-disorder Jones, C.M., & McCance-Katz, E.F. (2018). Characteristics and prescribing practices of clinicians recently waivered to prescribe buprenorphine for the treatment of opioid use disorder. Addiction: Society for the Study of Addiction, 114(3), 471-482. https://doi.org/10.1111/add.14436 National Institutes of Health. (2022, January). Medline Plus: Buprenorphine sublingual and buccal (opioid dependence). https://medlineplus.gov/druginfo/meds/a605002.html Substance Abuse and Mental Health Services Administration. (2022, January). Become a buprenorphine waived practitioner. https://www.samhsa.gov/medication-assisted-treatment/become-buprenorphine-waivered-practitioner Wisconsin Department of Health Services. (2018). Treating opioid abuse: A report by the commission of substance abuse treatment delivery. <https://www.dhs.wisconsin.gov/publications/p02302.pdf>

Topic: DATA-Waived MAT: What does this mean?

Time: Mar 11, 2022 04:00 PM Central Time (US and Canada)

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**Title:** The Hidden Link: Trauma and Opiate Addiction

**Author Names and Institution:** Teresa M. Schlintz, LPC, CSAC, LMHC, Viterbo University

**Email Address for First Author:** [tmschlintz@viterbo.edu](mailto:tmschlintz@viterbo.edu)

**Submission Type:** Round Table

**Abstract:** Purpose: To highlight to the audience the importance of recognizing the link between opiate addiction and post-traumatic stress when implementing treatment plans. Literature Review: According to a national epidemiologic survey on alcohol and related conditions, the lifetime prevalence of substance use disorders (SUD) and co-occurring post-traumatic stress disorder (PTSD) among adults living in the United States is 6.4%, with an additional 6.6% of individuals meeting the criteria for subthreshold, partial PTSD (Pietrzak, et al., 2012). Research supports PTSD as a significant risk factor for prescription opiate (PO) use and/or abuse, with PO abuse often preceding the introduction to heroin and intravenous drug use (Mackesy-Amiti, et al., 2015). While integrated treatments that address both PTSD and SUD concurrently have been recommended as best practice, the norm in many substance abuse settings remains to focus only on the SUD and not address PTSD (Norman & Hein, 2020). Treatment for co-occurring opiate use disorders (OUD) and PTSD requires special considerations during all phases of the treatment process. The Substance Abuse and Mental Health Service Administration (SAMHSA, 2020) has published a revised treatment informed protocol for substance use disorder treatment for people with co-occurring disorders. The recommendations from this publication along with considerations specific to OUD (Norman & Hein, 2020) offer valuable insights into developing a trauma-informed approach for the treatment of OUD. Norman, S., & Hein, D. (2020). Behavioral interventions for Comorbid PTSD and substance ... https://www.ptsd.va.gov/publications/rq\_docs/V31N2.pdf. Retrieved February 25, 2022, from https://www.ptsd.va.gov/publications/rq\_docs/V31N2.pdf Mackesy-Amiti, M. E., Donenberg, G. R., & Ouellet, L. J. (2015). Prescription opioid misuse and mental health among young injection drug users. American Journal of Drug & Alcohol Abuse, 41(1), 100â€“106 Pietrzak, R. H., Goldstein, R. B., Southwick, S. M., & Grant, B. F. (2011). Prevalence and Axis I comorbidity of full and partial posttraumatic stress disorder in the United States: results from Wave 2 of the National Epidemiologic Survey on Alcohol and Related Conditions. Journal of anxiety disorders, 25(3), 456â€“465. https://doi.org/10.1016/j.janxdis.2010.11.010 Substance Abuse and Mental Health Services Administration. Substance Use Disorder Treatment for People With Co-Occurring Disorders. Treatment Improvement Protocol (TIP) Series, No. 42. SAMHSA Publication No. PEP20-02-01-004. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2020. Methodology or Discussion Emphasize the importance of screening for past trauma history when working with individuals with OUD Discuss special considerations for treatment planning for PTSD and co-occurring OUD.

Topic: The Hidden Link: Trauma and Opiate Addiction

Time: Mar 11, 2022 04:00 PM Central Time (US and Canada)

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**Title:** People with Intellectual Disabilities and Substance Use: Implications for Helping Professionals

**Author Names and Institution:** Michaella Olson, CES Doctoral Student, Viterbo University

**Email Address of First Author:** [msolson@viterbo.edu](mailto:msolson@viterbo.edu)

**Submission Type:** Round Table

**Abstract:** The purpose of this proposal is to bring awareness to helping professionals regarding the serious consequences of substance use for people with intellectual disabilities in order to facilitate access to proper care. Definition: The Individuals with Disabilities Education Act defines an intellectual disability as: Significantly subaverage general intellectual functioning, existing concurrently with deficits in adaptive behavior and manifested during the developmental period, that adversely affects a child’s educational performance. The term intellectual disability was formerly termed mental retardation (Sec. 300.8[c] [6]).â€ Literature Review: Literature suggests individuals with disabilities are underrepresented in research. The collective voice of people with disabilities (PWDs) is silenced by assessments generally represent norms (Oksuz & Brubaker, 2020). The systemic barriers for PWDs have manifested into serious consequences including access to preventative measures such as screening, formal assessment, and ultimately early intervention and prevention of substance use (Bhatt & Gentile, 2021; Oksuz & Brubaker, 2020). The common misconception that PWDs do not consume alcohol or other substances was deflated by the estimated eight million people with intellectual disabilities that were reported to be affected by substance use (Chapman & Wu, 2012; van Duijvenbode et al., 2015). Disparities in access to substance abuse treatment has also been reported for people with intellectual disabilities and mental illness (Slayter, 2010). Necessity for treatment extends to all levels of severity; people with reported mild intellectual disabilities have substance use issues that require interventions (Didden, 2017). College students with disabilities also suffer from substance use behaviors in greater numbers than the general student population (Bernert et al., 2012). Regardless of the life stage, substance use amongst people with disabilities can have negative effects on health to include a reduced life expectancy (Bhatt & Gentile, 2021). Helping professionals that are aware of the increased risk for people with disabilities can play a role in facilitating proper access to care (Larson et al., 2018). Early intervention may have other benefits as one study strengthened the nexus between offending behavior and substance use amongst prisoners with intellectual disabilities. Almost 90% of participants reported attending one or more drug or alcohol treatment programs; the average was 2.5 programs for each participant (McGillivray & Newton, 2016). Although these occurrences could be viewed as an extreme case scenario, reports of youth offenders have echoed such findings. The incidence of adolescents with special education disabilities in detention and incarceration facilities is much higher than a population without disabilities or the juvenile court population (Mallet, 2014). Overall, social determinants, race, and ethnicity are amongst contributing risk factors for an increased likelihood of learning disabilities. These were similar to risk factors reported associated with juvenile delinquency (Mallet, 2014). Discussion: The discussion will involve exposing various consequences of substance use amongst people with intellectual disabilities. The awareness could facilitate better access to care, early preventative strategies, and advocates reducing existing barriers for this population.

Topic: People with Intellectual Disabilities and Substance Use: Implications for Helping Professionals

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**Title:** Rural Mental Health Communities with Comorbid Disorders: Trauma Work and Addiction Psychotherapies

**Author Names and Institution:** Megan Rilegh Emerson, B.S., Viterbo University

**Email Address for First Author:** [memers74833@viterbo.edu](mailto:memers74833@viterbo.edu)

**Submission Type:** Poster

**Abstract:** The purpose of this needs assessment was to take a deeper look into the barriers that affect underdeveloped populations such as rural residents when seeking counseling services, particularly within the field of trauma work and substance use. A survey was sent to individuals in the mental health counseling field within the Western Region of Wisconsin to ascertain the level of adequate treatment provided in rural communities. It was hypothesized that rural communities would receive less than adequate treatment services all around. Therefore, the finalized results and need for further research will be discussed in full throughout this action research project to create a better informed united front of mental health providers. The understanding of various services and what stands in the way for some communities is the first step in making a change in the effort to provide mental health counseling resources for all.

Topic: Rural Mental Health Communities with Comorbid Disorders: Trauma Work and Addiction Psychotherapies

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**Title**: Trends in Youth Mental Health and Substance Use During COVID-19

**Author Names and Institution:** James Puckett, Viterbo University

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**Submission Type:** Round Table

**Abstract:** On December 7, 2021, U.S. Surgeon General Dr. Vivek Murthy issued a Surgeon General Advisory, calling attention to the mental health crisis among the national youth (U.S. Department of Health & Humans Services [HHS], 2021). Preceding the COVID-19 pandemic, mental health challenges were the leading cause of disability and poor health outcomes for youth (HHS, 2021). The pandemic has contributed to the challenges that face many young people in the absence of it. These challenges include losing face to face social experiences, the transition to online school, and access to food, housing, and support services (HHS, 2021). According to the Assistant Secretary for Planning and Evaluation ([ASPE], 2021), children and adolescents had an increased risk of experiencing a mental health condition after having a COVID-19 experience. A COVID-19 experience can include testing positive for COVID-19, testing and testing negative for COVID-19, or having a symptom of COVID-19 (ASPE, 2021). In a study conducted by ASPE (2021), there was an increase in diagnosis of Attention Deficit-Hyperactivity Disorder (ADHD), anxiety, depression, and conduct disorder. In addition to the data providing insight to the impact COVID-19 has had on children and adolescents, it also makes us aware about the increased risk of suicide for children and adolescents. According to the National Alliance on Mental Illness ([NAMI], 2019), 46% of people who die by suicide had a known mental health disorder. Methodology or Discussion: 1. Name and describe the unique impact that COVID-19 has had on youth. 2. Why is supporting youth who are experiencing a mental health crisis during this pandemic important?

Topic: Trends in Youth Mental Health and Substance Use During COVID-19

Time: Mar 11, 2022 04:00 PM Central Time (US and Canada)

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**Title:** Examining the Counselor Role in Combating Racial Injustices: Including Theoretical Recommendations

**Author Names and Institution:** Justice Lawson, B.S., Viterbo University

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**Submission Type:** Poster

**Abstract:** Professional counseling promotes human dignity, diversity and social justice advocacy. In light of current events, a mixed-method survey was utilized to examine the counselor role in combating racial injustices. The differences in access to treatment and quality care can contribute to increased rates of suffering and death (Freeman & Payne, 2000). Therefore, there is a need for public health interventions to combat environmental, economic and cultural stressors (Matoba & Collins, 2017). Data was evaluated from 30 participants. A frequency analysis suggested four theoretical approaches to help clients process racial injustices, such as humanistic/person-centered, feminist, multicultural/social justice and an existential approach.

Topic: Examining the Counselor Role in Combating Racial Injustices: Including Theoretical Recommendations

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